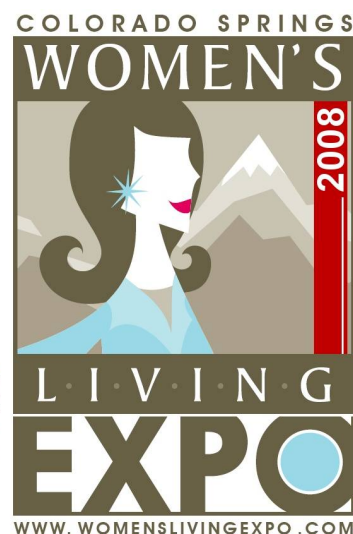




KLite 106.3
Continuous Soft Favorites



KITCHEN STAGE

Granite Transformations & Best Buy Chefs Kitchen Stage Schedule

Friday Chefs Kitchen

12 noon	KKTV Mike Boyle - live from the Expo	
2:00pm	Smoked Corn Chowder	Nano Longos Italian Market
2:30pm	4 Meals In 4 Minutes	Homemade Gourmet
2:45pm	How To Properly Steep Tea	Let's Do Tea
3:00pm	Wine Basics	ExperienceWine
3:30pm	Baking & Candymaking For Gift Giving	Rocky Mountain Sweet Shoppe Cookbook
4:00pm	Japanese, Spicy Tuna Tartar	Jake & Telly's
4:30pm	Cooking Brownies & Cookies With Imagination	Othos Cookies & Brownies
5:00pm	Power Cooking Fast Meals, under \$2 per serving	Pampered Chef
5:30pm	Cooking Brownies & Cookies With Imagination	Othos Cookies & Brownies
6:00pm	Chocolate & Wine Pairings	Experience Wine

Saturday Chef's Kitchen

11:00am	4 Meals In 4 Minutes	Homemade Gourmet
11:15am	How To Properly Steep Tea	Let's Do Tea
11:30am	White Chocolate Bread Pudding	Nano Longos Italian Market
2:00pm	Energy Conservation & Tips	Colorado Springs Utilities
2:30pm	Baking & Candymaking For Gift Giving	Rocky Mountain Sweet Shoppe Cookbook
3:00pm	Wine Basics	ExperienceWine
3:30pm	Create Sushi In Your Home Kitchen	Chef Jason Gust/The Ritz Grill
4:00pm	Baking Brownies & Cookies With Imagination	Othos Cookies & Brownies
4:30pm	Shellfish Medley Pasta	Jake & Telly's
5:00pm	Power Cooking Fast Meals, under \$2 per serving	Pampered Chef

Sunday Chefs Kitchen

11:30am	Caribbean Fried Lamb Sauté	Jake & Telly's
12 Noon	Baking Brownies & Cookies With Imagination	Othos Cookies & Brownies
12:30pm	Baking & Candymaking For Gift Giving	Rocky Mountain Sweet Shoppe Cookbook
1:00pm	4 Meals In 4 Minutes	Homemade Gourmet
1:30pm	Wine Basics	ExperienceWine
3:00pm	Celebrity Chef Cook-off	Judges:
	<i>Chef Jay Gust, The Ritz Grill</i>	<i>Teresa Farney, Food Editor at the Gazette</i>
	<i>Chef Rachel Brown, Briarhurst Manor</i>	<i>Othos Spencer from Otho's Gourmet</i>
		<i>JW David from The Blue Star</i>

